

HYPNOTIC ACTIVATION GUIDE

Turn Intentions into Reality with the Power of Subconscious Alignment
by Jennifer Fidler

Copyright Jennifer Fidler Coaching LLC 2025

Welcome!

This guide is designed to help you **activate your subconscious mind** so you can bring in more of what you want, whether it's \$5,000 in new clients, new speaking opportunities, or simply more confidence and clarity.

You won't need to go into a trance.

You don't need a script or a ritual.

You just need to **decide, align, and take strategic action**—using hypnotic principles that work with your brain, not against it.

Decide What You Want

Before diving into hypnotic techniques, it's essential to clarify your desires. What do you truly want to achieve? Your subconscious needs clear instructions. Take a moment to reflect on the following:

What do you want to attract in the next 30 days?

Money? Opportunities? Confidence? Aligned clients?

Write it here (and be as specific as possible):

➡ I want to attract:

➡ This will show up in my life as:

Now speak it out loud:

“Right now, I decide to welcome [your result] into my life. It is already on its way. I allow it. I expect it. I receive it.”

Shift Into Alignment

The brain loves congruence. If you say you want to attract \$5K in new clients with joy and ease but act from a place of fear or hustle energy, your subconscious gets mixed signals.

Instead, ask:

“If I already had [your result], how would I be showing up today?”

Examples:

- If I already had \$5K in client payments coming in, I'd be speaking more boldly.
- If I already felt confident, I'd show up on Instagram stories without overthinking it.
- If I already landed that speaking gig, I'd walk with certainty.

Action Item:

Choose one aligned action and do it today.
That action becomes a hypnotic suggestion in motion.

Prime Your Subconscious

Prepare your subconscious mind for hypnotic activation by letting it hear what you want. Speak in outcomes. Feel it. Use your body.

Say for example:

“Clients are already looking for me.”

“My results are catching up to my energy.”

“Every time I take action, I double my magnetism.”

“This offer is already a yes for someone.”

You can say this in the mirror, in the car, or silently in your head before taking action. This isn't about “positive thinking”, it's about **reprogramming your filters** to notice and create opportunity; and the more you engage your body in the process and create energy around these affirmations, the easier it will become to see the opportunities that are all around you.

Daily Hypnotic Loop

Every day, repeat this short sequence:

DAILY PRACTICE:

1. Declare: "I now allow [desired result] into my life. It is already on its way. I allow it. I expect it. I receive it."
2. Ask: "If I already had [your result], how would I be showing up today?"
3. Take 1 action from that version of you.
4. Say your **Power Phrase**:

Your Power Phrase is a short phrase that you choose to close the loop (for example: "It's done!" or "Let's go!" or "So be it!")

Pair that phrase with a physical anchor (e.g., tapping your fingers or placing your hand on your chest). This creates a subconscious cue that reinforces certainty.

Final Note

You don't have to force this.

You're not chasing. You're **allowing**.

Your subconscious already knows how to receive and create what you desire. This guide helps it remember.

What's next?

Want help aligning your mind to attract consistent results without overthinking or burnout?

Book a free Clarity Activation Call here: <https://www.jenniferfiddler.com/contact> and follow me on IG for more subconscious strategies that actually work.

Business Mindset Strategies: <https://www.instagram.com/jenniferfiddlercoaching>

General Mindset Strategies for more health and happiness:

<https://www.instagram.com/mindsetcoachingforwomen>